




# Whānau Kōrero

He Waka Eke Noa

HE WAKA EKE NOA

Co-creating primary care that  
works for whānau Māori




*The He Waka Eke Noa: Co-creating primary care that works for whānau Māori* research aims to bring together the voices of whānau and primary health care staff to support earlier cancer diagnosis among Māori.


## What we did

We interviewed eight people enrolled at Gonville Health, along with their whānau, to better understand how:

- whānau support each other
- health services work for Māori patients.

This booklet outlines what you and your whānau told us about your experiences.





You told us that  
whānau care and  
they show it by  
doing things like:

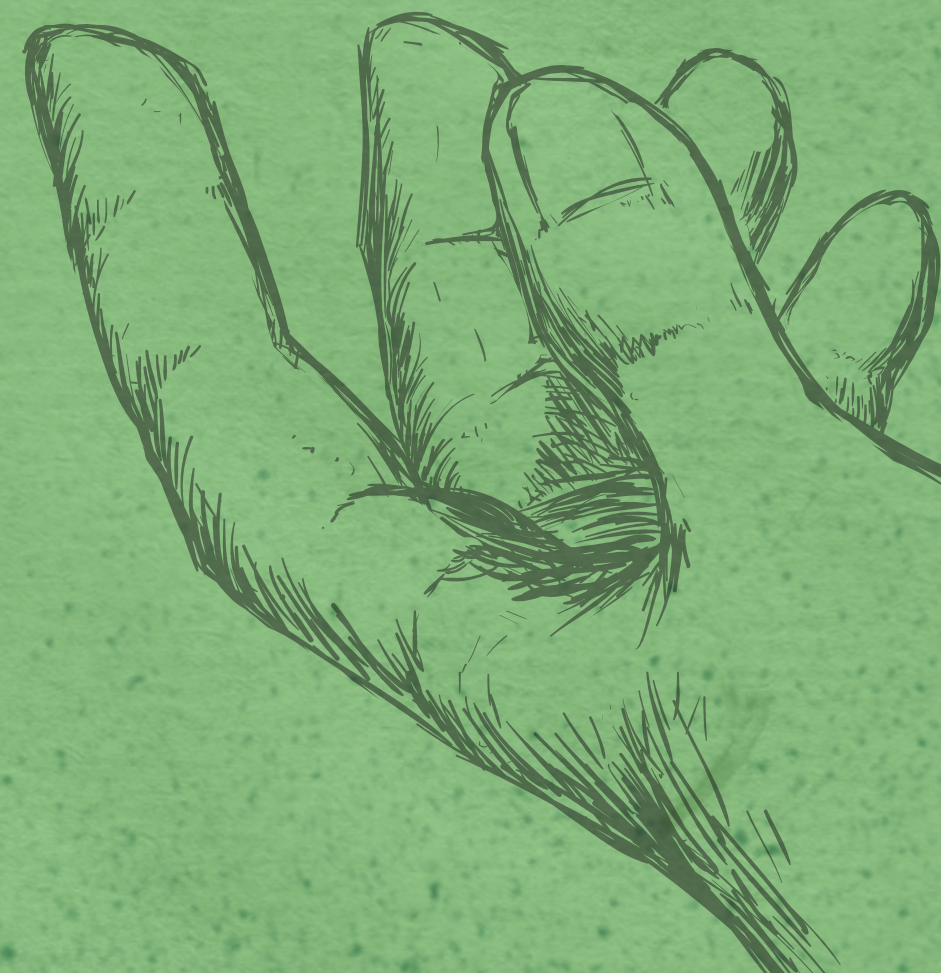
Talking  
with me


Just 'being  
there'

Involving me in  
the usual whānau  
stuff

Having a  
kai with me

Telling me if they  
think I need to get  
to the doctor





“They got me  
to go and have  
these tests  
because I  
looked  
sick.... Well, I  
didn’t think so  
but they did”.

# You told us that whānau have health champions who:

Keep all the whānau up to date with what is going on 'health wise'

Talk with health staff about what is happening for me

Explain things to health workers about my needs and about my situation if I'm not up to it


Advocate for me so that I get the care and support that I need

Support me to ask for what I need from health workers

Explain things to me about my condition and my treatment

Just keep 'a handle' on what is going on

Keep track of all my different appointments and medications



“she knows  
the right  
person to ask.

She said,  
“Mum, you’ve  
got to keep  
asking them  
questions.”

‘Cause I’d go,  
“whatever you  
say that’s it”.

But she says,  
“no.” So I have  
been learning  
to ask the  
questions  
now”.

# You told us that Gonville Health cares and shows it by:

Treating me as a  
'real person' not  
just someone who  
is unwell

Treating me  
with respect

Using my name,  
sharing a smile

Sharing a touch  
or even a hug

Listening  
to me

Accepting me for  
who I am

Talking 'straight  
up' with me


Understanding  
my situation

Understanding  
when I am upset

Calling me on the  
phone sometimes  
to see how I am

Greeting me if they  
see me around  
town somewhere

Having lots of different  
health workers to help  
with different things



“I think that’s  
building  
relationships  
with families,  
with whānau,  
with patients,  
and I think  
that’s what’s  
kept me here”

Whats next



# Notes



# Notes



# Notes



# Notes



# Notes



# Notes





**W H A K A U A E**

Research for Māori Health and Development

